

# New Health and Wellness Option for Calgarians: Lagree YYC Introduces Lagree Method

*1888 PressRelease - Launched in February, 2015, Lagree YYC is the first to introduce Calgarians to a low impact, high intensity workout that makes exercise more efficient and effective because of the innovative Megaformer.*

A moving platform manipulated through a system of springs, straps and pulleys, the Megaformer employs body weight to provide resistance. Individuals and groups are guided by certified and knowledgeable trainers through a 45 minute routine that works all muscle groups for a workout that, while intense, is easy on the joints.

Lagree YYC owner and instructor Kim Rothenberg embraced the Megaformer "both literally and figuratively" while researching fitness innovations in New York City, recognizing the broad-spectrum appeal that has made it the workout of choice for professional athletes and former couch potatoes alike. Launched in LA by fitness guru Sebastien Lagree in 2001, the Lagree Method has been adopted and endorsed by NHL players and Hollywood A-listers including Sofia Vergara.

"The gliding motion of the Megaformer's carriage makes for a high-intensity experience that does the trick for the fittest of the fit, those coping with joint or injury issues, and everyone in between," says Rothenberg. She and her team of trainers guide classes of up to 12 participants through a series of varied routines that emphasize slow and controlled movements and quick transitions between exercises in order to maximize muscle fatigue, the key to stimulating change.

"I'm thrilled that Kim and the Lagree YYC team have brought the Lagree Method and Megaformer to Calgary having secured exclusivity in Alberta. It is an exciting first for Western Canada," said Sebastien Lagree.

Located in the SW neighbourhood of Britannia, Lagree YYC is attracting a varied clientele ranging from fitness instructors to young moms eager to trim their baby fat. The common denominator is a desire for one quick workout that saves busy Calgarians time by combining cardio, fat burning, and strength training. While the exercises are performed slowly and in a controlled fashion, the results can be quick.

Lagree YYC has just launched a Full Body Light class for those who need a gentle start. They are planning additional classes for clients with specific needs or health concerns such as lower back issues. The goal is to maximize opportunities for Calgarians to increase their strength, stamina and well-being while, if necessary, decreasing their waistlines. During the typical Lagree Method session, participants burn between 400 and 600 calories, rev up their metabolisms and tone muscles for a longer, leaner look.

<http://www.lagreeeyc.com>